

## WE CLAIM:

1. A system for temporarily disabling an electrical therapy application by an implanted medical device, the implanted medical device including a capacitive circuit adapted to charge and to discharge such that the electrical therapy is applied, the implanted medical device automatically causing the capacitive circuit to charge and discharge at least once within a selected period, the system comprising:
  - 5 a patient activator device adapted to communicate with the implanted medical device;
  - a disabling circuit within the implanted medical device and adapted to temporarily disable the application of the electrical therapy in response to the patient activator device;
  - 10 an alerting arrangement adapted to alert the patient activator device in response to the disabling circuit; and
  - 15 an override circuit adapted to override the temporary disabling of the electrical therapy application in response to the patient being in a relaxed mode.
2. The system of claim 1, wherein the override circuit is adapted to enable the electrical therapy application at a selected time after the patient is in the relaxed mode, the selected time being provided by the patient activator device.
3. The system of claim 2, wherein the override circuit comprises a sleep monitoring circuit adapted to detect when the patient is in a sleep mode.
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4. The system of claim 3, wherein the sleep monitoring circuit is adapted to be programmed by the patient activator device.
5. The system of claim 1, wherein the capacitive circuit is adapted to charge in response to a first signal from the patient activator device and to discharge in response to a second signal from the patient activator device such that the electrical therapy is applied.
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6. The system of claim 1, wherein the override circuit is adapted to be automatically activated upon the implanted medical device detecting an arrhythmia.

7. The system of claim 1, wherein the override circuit is adapted to be activated by the patient activator device.

8. The system of claim 1, wherein the implanted medical device is an implantable cardiac defibrillator device.

9. The system of claim 1, wherein the capacitive circuit comprises a stimulator circuit adapted to deliver an electrical therapy to a selected portion of a patient's body.

10. The system of claim 9, wherein the implanted medical device is a neurological implant.

11. The system of claim 1, wherein the override circuit is adapted to use at least one physiological measure to indicate that the patient is in the relaxed mode.

12. The system of claim 3, wherein the sleep monitoring circuit is adapted to be automatically activated upon the implanted medical device detecting an arrhythmia.

13. The system of claim 1, wherein the patient activator device is adapted to enable at least one of a plurality of electrical therapy options to be applied when the patient is in the relaxed mode.

14. An implanted medical device adapted to automatically apply an electrical therapy to a patient's heart at least once in a selected time period, the implanted medical device comprising:  
a communications circuit adapted to communicate telemetrically from the implanted medical device in response to an external patient activator device;

a disabling circuit adapted to temporarily disable the electrical therapy application;

an alerting arrangement adapted to alert the patient activator device in response to the disabling circuit; and

5 an override circuit adapted to override the temporary disabling of the electrical therapy application in response to the patient being in a relaxed mode.

10 15. The implanted device of claim 14, wherein the override circuit is adapted to be activated by the patient activator device and enable the electrical therapy application at a selected time after the patient is in the relaxed mode, wherein the selected time is provided by the patient activator device.

15. The implanted device of claim 14, further comprising a capacitive circuit adapted to charge in response to a first signal from the patient activator device and to discharge in response to a second signal from the patient activator device such that the electrical therapy is applied.

20 17. The implanted device of claim 14, wherein the override circuit is adapted to use at least one physiological measure to indicate that the patient is in the relaxed mode.

25 18. The implanted device of claim 14, wherein the implanted medical device is adapted to apply at least one of plurality of electrical therapy options when the patient is in the relaxed mode in response to the patient activator device.

30 19. A system for temporarily disabling an electrical therapy application by an implanted medical device, the implanted medical device including a capacitive circuit adapted to charge and to discharge such that the electrical therapy is applied, the implanted medical device automatically causing the capacitive circuit to charge and discharge at least once within a selected period, the system comprising:  
a patient activator device adapted to communicate with the implanted medical device;

means, within the implanted medical device and responsive to the patient activator device, for temporarily disabling the electrical therapy application;

means, responsive to the disabling means, for alerting the patient activator device; and

means, responsive to the patient being in a relaxed mode, for overriding the temporary disabling of the electrical therapy application.

20. The system of claim 19, further comprising means, responsive to the patient activator device, for enabling at least one of a plurality of electrical therapy options to be applied when the patient is in the relaxed mode.

10 be applied when the patient is in the relaxed mode.